SENIOR SPOTLIGHT

Westminster Senior Center 8200 Westminster Blvd. Westminster, CA 92683 (714) 895–2878

www.ci.westminster-ca.gov

WINTER CLASSES BEGIN!



Balance & Mobility
Dance Aerobics
Low Impact Aerobics
Stretch & Flex
Adult Fitness
Longevity Stick
Tai Chi
Computer
ESL
and much more!

VALENTINE'S DAY

You are invited to attend our

Valentíne's Party

Monday, February 14th
East / West Room
11:00 a.m.
with entertainment by
Stardust Sounds



Pre-registration is a must Tickets: \$4.00 Donation

Westminster Senior Services Team

MAYOR & CITY COUNCIL

MAYOR

Margie L. Rice

(714) 548-3183

MAYOR PRO TEM

Tyler Diep

(714) 548-3181

COUNCIL MEMBER

Frank Fry

COUNCIL MEMBER

Andy Quach

(714) 548-3182

COUNCIL MEMBER

Tri Ta

(714) 548-3179

DEPARTMENT LINE

(714) 548-3240

CITY MANAGER & COMMUNITY SERVICES

INTERIM CITY MANAGER

Mitch Waller

(714) 548-3172

ASSISTANT COMMUNITY SERVICES DIRECTOR

Diana Dobbert

(714) 548-3655



The Senior Center Spotlight is now available on the City Website:

www.ci.westminster-ca.gov

Go to Departments, Community Services, Senior Services

Senior Center Staff

(714) 895-2878

SENIOR SERVICES SUPERVISOR Claire Hutchinson

NUTRITIONIST Maribel Avilez

SECRETARY Sherrie Machuga

RECEPTIONIST Ivy Gimondo

CLERK TYPIST Joy Williams
TRANSPORTATION COORDINATOR Bea Pratte

VAN DRIVERS John Conrekas, Bertha Lara

VAN DRIVERS John Conrekas, Bertha Lara

and Clarey Mercer

HEALTH CARE NURSE Jane Hannah

PROJECT S.H.U.E. DIRECTOR Susana Delgado

SENIOR CENTER INTERN Amber Julian

Commission on Aging

CHAIR Vince Agor (714) 897-6252

(714) 893-3708

COMMISSIONER Nora Barajas

COMMISSIONER Phillip Hodgetts (714) 847-4165

COMMISSIONER Ginger Waugh-Borden (714) 897-4644

COMMISSIONER Owen Eames (714) 235-3407

ALTERNATE Erwin Vysma (714) 893-3659

The Commission on Aging serves as an advisory body on matters of interest and concern to senior members of the community. The Commissioners are appointed by the Westminster City Council.

Meetings are held the second Monday of every month at 10:00 a.m. in the City Council Chambers; all residents

are welcomed and encouraged to attend.

From the Senior Center Supervisor

We hope that this will be our best year yet!

Our November Silent Auction and See's Candies Fundraiser were highly successful! Our center raised over \$2,000 and that's no small accomplishment!

We will be offering a variety of trips, for example, Palace Station Casino in Las Vegas, the Reagan Library and the Getty Villa in Malibu among others.

Get your body in shape by

joining our fitness and dance classes, as well as our monthly Healthy Living Seminars.

We all have interesting life experiences. Our new "Life Story Writing" Class will provide you with easy strategies for sharing your unique stories and being inspired by those of others.

Fill your heart with **new** hopes, reach out for **new** opportunities and celebrate this **New Year!**



THANK YOU!



The Senior Center wants to extend appreciation to the Yarn Spinners for their hard work all year. Their generous charitable contributions to the following organizations include: Operation Beanies for service members, Walking Shield, Inc., which serves needy American Indian families, and "Preemie Baby" items sent to Saint Mary's Hospital in Long Beach.

The handwork done by the Crafter's Group is also invaluable to our center. This dedicated group of women makes many of the items that go into our "Lovely Treasures" Craft Closet. They also hold an annual week-long Christmas Boutique yearly; all proceeds benefit the Senior Center.



Emergency Business & Telephone Numbers

Emergency Number	911
Police	(714) 893-3708
Fire	(714) 744-0400
Elder-Abuse	(800) 451-5155
City Hall	(714) 898-3311
OCTA (ACCESS Van)	(714) 560-5956
Chamber of Commerce	(714) 898-9648
Library	(714) 893-5057
Medi-Cal	(714) 841-7100
Social Security	(800) 772-1213
Ombudsman	(714) 479-0107
Office on Aging	(800) 510-2020
Information Help Line	211

SENIOR CENTER PROGRAMS

SENIOR SERV



Join us for a delicious meal! Lunch is served Monday through Thursday at 11:45 a.m. and on Friday at 11:30 a.m. (every other Friday is 11:45 a.m.). We celebrate birthdays on the 4th Thursday of each month.

Cost:

The suggested donation is just \$2.50 for our senior participants 60 and over. The cost for individuals under 60 is \$3.50.

COMMODITIES



Commodities Program

is held on the 2nd Wednesday of each month.

January:

Wednesday, January 12th

February:

Wednesday, October 13th

Hours:

8:00 a.m.-11:00 a.m. (or until food runs out)

Requirements:

You must live in Westminster and qualify as low income. Bring proper identification & plastic bag.



WESTMINSTER ON WHEELS

The City of Westminster has partnered with OCTA to provide transportation services to seniors, 62 years and older, residing in Westminster. The goal of the WOW Program is to assist seniors in remaining independent. The program operates Monday through Friday and reservations are required.



NUTRITION VAN

This program is for Westminster Seniors who need a ride to the Senior Center for the luncheon program. Once seniors are at the Senior center they can hop on the Shuttle if they need to run errands.

SCHEDULE

Monday through Friday **Morning Pick-Ups:** 8:00 a.m. to 9:00 a.m. from your home to the Senior Center.

Afternoon Returns: 12:30 p.m. & 2:30 p.m. from the Senior Center to your home.



This program is for older adults who reside in Westminster. This is a group pick-up program that runs Monday through

Thursday from

9:00 a.m.- 1:00 p.m. After picking up seniors from the Senior Center and from other group pick up sites, the shuttle stops for the shopping time of 1 ½ hours at Albertson's, Westminster Mall, Wal-Mart, and Target.

NOTE: NO SHUTTLE SERVICE **ON FRIDAYS**

Please contact the Senior Center if you have any scheduling questions. Service is free but you must sign up.



Transportation Coordinator **Bea Pratte**

WOW Questions? Call (714) 895-2878 ext. 3675

SENIOR CENTER ACTIVITIES

CLUBS & GROUPS



BRIDGE CLUB

meets Mondays and Thursdays at 12:15 p.m.



CHESS CLUB meets **Fuesdays and Thurs**days at 7:30 a.m.



BUNCO meets on 2nd and 4th Wednesdays at 12:30 p.m.



CRAFT LADIES

meet on Thursdays at 9:00 a.m.



MAH JONGG

players meet on Mondays from

10:00 a.m.-12:00 noon.

DINNER GROUP

Meets the 3rd Wednesday of each month at a local restaurant.

POOL ROOM is open five days a week and new players are welcome.

RED HAT SOCIETY

is a group of women who dress in purple and red. As a group, they go on trips and have dinner together. Their main purpose of meeting is to have fun.



YARN SPINNERS

crochet and knit on Mondays, Wednesdays, and Fridays from 9:00 a.m.-11:30 a.m.

NEEDLE WORK meets Mondays at 9:00 a.m.



MEXICAN TRAIN **DOMINOS** meet on

the 1st and 3rd Wednesday of each month at 12:30 p.m.



SUDOKU meets

every Friday at 10:00 a.m.

BINGO



GAME TIMES:

Mondays & Wednesdays

12:45 p.m. - 2:30 p.m.

Fridays

9:30 a.m. - 11:15 a.m.

Bingo is hosted in our dining room by volunteer callers. Bingo cards are 3 for a \$1.00 or 50ϕ a piece.



Winners receive a Bingo Buck a game. For every

10 Bucks you can earn a \$10 Stater Bros. gift card!

If you are interested in being a Bingo caller, please contact the front desk.

MOVIES

JANUARY

January 7th "Picnic"

William Holden, Kim Novak 1 hour; 53 minutes Rated PG(1955);Romance

January 14th "Play the Game"

Andy Griffith, Paul Campbell 1 hour; 46 minutes Rated PG-13(2008); Comedy

January 21st

"The Karate Kid"

Jaden Smith, Jackie Chan 2 hours; 20 minutes Rated PG-13(2010); Drama

January 28th "Cars"

Owen Wilson, Paul Newman 1 hour; 56 minutes Rated G(2006); Animation

FEBRUARY

February 4th

"The Unsinkable Molly Brown"

Debbie Reynolds, Harve Presnell 2 hours; 15 minutes Rated NR(1964); Classic

February 11th "Valentine's Day"

Ashton Kutcher, Jennifer Garner 2 hour; 5 minutes Rated PG-13(2010); Comedy

February 18th "Like Dandelion Dust"

Mira Sorvino, Barry Pepper 1 hour; 45 minutes Rated PG-13(2009);Drama

February 25th "Invictus"

Morgan Freeman, Matt Damon 2 hour; 13 minutes Rated PG-13(1985); Drama



Showing Fridays at 9:15 a.m.



SENIOR CENTER ACTIVITIES

SPECIAL EVENTS



LET'S MAKE A DEAL!

Will you win your dream prize or get Zonked???

It could be <u>your</u> lucky day on:

Date:

Wednesday, January 19th

Time:

10:00 a.m.

Place:

Dining Room

Crazy, colorful costumes are strongly encouraged!

Join us for one of the most romantic days of the year:

Valentíne's Party



Date:
Monday
February 14th
Time:
11:00 a.m.
Place:
East/West Room
Cost:
\$4.00
Stardust Sounds

BIRTHDAY CELEBRATIONS

We'll supply the cake, balloons, and entertainment but the party will not start without YOU!



Dates:
Thursday,
January 27th
&
Thursday,
February 24th
Time:
11:00 a.m.
Place:
Dining Room
Cost:

\$2.50

St. Patrick's Day
is not
far away!



Date:

Thursday, March 17th

Time:

11:00 a.m.

Place:

East/West Room

Entertainmnet:

To be announced...



CA Telephone Access Program Wednesday, January 12th 10:00 a.m. in the Dining Room

The California Telephone Access Program (CTAP) distributes telecommunications equipment and services to individuals certified as having difficulty using the telephone. CTAP is a California State mandated program, under governance of the California Public Utilities Commission (CPUC). Equipment and some network services are available at no charge to eligible consumers.

Californians who are deaf, hard of hearing, speech-disabled, cognitively-disabled, blind, or who have low vision, or restricted mobility, are eligible to receive equipment with certification by a medical doctor, a licensed audiologist, a qualified state agency, or a hearing aid dispenser.

CTAP is funded by a small surcharge that appears on all telephone bills in California. The money collected from this surcharge pays for both the California Telephone Access Program (CTAP) and the California Relay Service (CRS). This surcharge appears on your phone bill as "CA Relay Service and Communications Devices Fund."

SENIOR CENTER SERVICES

ONGOING SERVICES



ATTORNEY

Elder Law attorney

Dennis Jensen specializes in wills, trusts, estate planning and probate.

When:

3rd Tuesday of every month

Time:

10:00 a.m. - 12:00 noon (by appointment only)



Certified Nurses offer free blood pressure checks.

When:

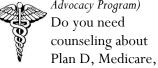
Every Thursday

Time:

9:00 a.m. - 11:00 a.m.

HICAP

(Health Insurance Counseling Advocacy Program)



HMO drug coverage? HICAP counselor Joel Benson is available for Medicare/MediCal counseling and information.

When:

2nd Monday of every month

Time:

10:00 a.m. - 12:00 noon (by appointment only)

LEGAL AID

Paralegal Laura Luu provides legal advice and referrals.

When:

1st Friday of every month

Time:

10:00 a.m. - 12:00 noon (by appointment only)

PODIATRIST

Dr. Nancy Hayata provides foot screening and consultation.

When:

1st Friday of every other month.

Time:

Appointments begin at 11:30 a.m. and last 10 minutes.

INFORMATION and REFERRAL

Front Desk staff is available to answer any inquir-



ies concerning senior activities and ser-

vices.

For further information on any of the listed services contact us at: (714) 895-2878.

PERSONAL ITEMS

Personal items can no longer be stored at the Front Desk.



Please be sure to double check your belongings before you leave the senior center.

Vision Classes



Do you have concerns about your vision or the vision of someone you know?

Barbara Turner with the **Braille Institute** will be discussing the effects of vision loss and how to promote independence in familiar surroundings. Her sessions will take place the 2nd Tuesday of each month in the Year 2011-beginning Tuesday, February 9th, 2011 (no class in January). Sign Interest List at Front Desk.

Income Taxes for Year 2010

Seniors 60+

Come and have your income tax forms filled out FREE of charge from our experi-

enced and knowledgeable volunteers. This service will be available every Wednesday from 8:30 a.m.-11:30 a.m., beginning February 2, 2011 and concluding April 13, 2011. Appointments can be made as of January 3, 2011. Come to the Front Desk or call us at: (714) 895-2878 to make an appointment.

Remember to bring the following:

- Copies of last year's tax returns, both Federal and State.
- IRS and State Booklets
- Wages and other income received.
- Records of interest-1099 INT Forms
- Records of dividends-1099 DIV Forms
- Pensions, IRA, Annuities, Social Security



SENIOR CENTER SERVICES

NURSE JANE HANNAH



Nurse Jane Hannah is a professionally trained public health R.N. that conducts basic health screenings by appointment every Wednesday from 8:00 a.m. to 2:00 p.m. She also provides nutrition counseling, as well as lectures on such topics as arthritis, heart disease, and diabetes.

UPCOMING HEALTH TALKS

JANUARY:
Wednesday,
January 5th
11:00 a.m.
in the Dining Room
Topic: "Myths and Facts

of Aging"



FEBRUARY: Wednesday, February 2nd 11:00 a.m.

in the Dining Room *Topic:* "Healthy Eating"

DIABETES EDUCATION & SUPPORT GROUP

JANUARY 2011 Wednesday, January 12th 2:30 p.m. in Room 3-4 "Monitoring Your Diabetes"



- ♦ Blood Glucose
- ♦ Blood Pressure
- ♦ Cholesterol

FEBRUARY 2011

Wednesday, February 16th 2:30 p.m. in Room 3-4 "Heart Disease & Diabetes"



- ♦ Risk Factors
- ♦ Treatments
- ♦ Heart Healthy Eating

ONGOING GROUPS

HEALTHY LIVING SUPPORT GROUP

Interested in feeling better and looking great? Join our

NEW

Healthy Living Support Group!



On the last Monday of each month, Nurse Jane Hannah and Nancy Sink will engage you in finding ways to improve your health and wellbeing.

<u>Dates:</u> January 24th § February 28th
<u>Time:</u> 10:00 a.m. - 11:30 a.m.

<u>Dinner Group</u>

resumes in 2011 February 19TH

Magnolia Café 8988 Warner Ave. Fountain Valley



February 16th
NORM'S



16572 Beach Blvd. Huntington Beach

All presentations given by: Jane Hannah, RN, PHN

Sponsored by: Adult Public Health Nursing Services and the Orange County Health Care Agency Information on Medi-Cal will be discussed.

UPCOMING EVENTS



Life Story Writing Class

- Friends & Family
- Homes & Travels
- Struggles & Successes
- Lessons Learned & Wisdom Gained

Have your children or grandchildren been asking you to write down your life story? Or have you ever had the desire to write about some of your unique experiences? This program offers easy strategies, everyday themes and a chance to be inspired by the stories that others bring to the group.

No special writing experience is needed for this free, ten-session program in **Guided Autobiography**. Instructor **Nancy Sink** will help you discover an easy format for sharing your own, unique story.

Questions? Call Nancy at (714) 832-2888

10 Mondays starting January 24th, 2011 Room 1

Sign Interest List at the Front Desk

MARK YOUR CALENDARS:

 Presidents' Day Closed Monday, February 21st





• Thursday, March 17th St. Patrick's Day Party



Wednesday, April 6th
 Volunteer Recognition

SAFETY DRIVING PROGRAM

This AARP sponsored refresher course for drivers is taught by a trained instructor.

Class meets for 8 hours over a 2-day period, from 8:30 a.m. to 12:30 p.m.

The fee is \$12 per person for AARP members \$14 per person for non-members

Pre-registration is required at the Front Desk.



Classes will be held on the following dates:

February 10th & 11th
April 7th & 8th

SENIOR CENTER CLASSES

COASTLINE COMMUNITY COLLEGE

Adult Fitness

A mildly aerobic chair/standing exercise that will stretch and strengthen muscle groups.

Time Instructor

Day Mon/Tue/Wed 10:00 a.m.- 12:00 noon M. Masters

Beginning Adult Fitness

Time Day Instructor

Tues./Thurs. 12:30 p.m.- 1:30 p.m. M. Masters



Balance & Mobility

A preventive class for Seniors at risk for falling; must meet entrance criteria, see Instructor.

. . . .

Day Time Instructor M. Masters Tues./Thurs. 8:45 a.m.- 9:45 a.m.

Coastline Community College classes are offered at no cost. For more information, call (714) 241-6184. Pre-registration is advised. Fall Session begins August 30th and ends December 17th, 2010

HUNTINGTON BEACH ADULT SCHOOL

Introduction to Dance Aerobics		Dance Aerobics 3 Day Time Instructor Thursday 10:30 a.m 12:00 p.m. J. Camarena Dance Aerobics 4 (Waiting List Only)			
Day	Time	Instructor	Day (T)	Time	Instructor
Monday	1:00 p.m 2:15 p.m.	V. Williams	Tues./Thurs.	12:45 p.m 2:30 p.m.	J. Camarena
	Dance Aerobics 2			Low Impact Aerobics	
Day	Time	Instructor	Day	Time	Instructor
Thursday	9:00 a.m 10:30 a.m.	J. Camarena	Tuesday	10:45 a.m 11:45 a.m.	J. Camarena
Dance Aerobics 2/3			Stretch & Flex		
Day	Time	Instructor	Day	Time	Instructor
Thursday	3:00 p.m 4:30 p.m.	J. Camarena	Tuesday	9:30 a.m 10:30 a.m.	J. Camarena

ALL Huntington Beach Adult School classes are now Fee-Based. For more information, call (714) 901-8106 ext.4405. Pre-Registration is advised. Fall Session begins September 1st and ends December 17th

SENIOR CENTER

Beginning Computer Class		Longevity Stick			
Applicants start by filling out forms at the Front Desk.		A Vietnamese form of exercise involving			
Instructors will contact students with schedule info.			slow movement and stretching.		
Day	Time	Instructor	Day	Time	Instructor
Tuesday	9:00 a.m 11:30 a.m.	A. Spisak	Monday	9:00 a.m 10:00 a.m.	J. Ju
Wednesday	9:00 a.m 11:30 p.m.	D. Davis	Thursday	9:00 a.m 10:00 a.m.	B. Kiehl
Intermediate Computer Class			Tai Chi		
Day	Time	Instructor	Day	Time	Instructor
Monday	9:00 a.m 11:30 a.m.	K. Hillhouse	Friday	8:30 a.m 10:30 a.m.	L. Mo

SENIOR CENTER TRIPS

DAY TRIPS

PALA INDIAN CASINO

Wednesday, January 26th, 2011 Enjoy a fun day with \$5 in Slot Play!

Depart: 8:30 a.m. Return: 5:00 p.m.

Cost: \$17.00

SOLVANG

w/Lunch at Anderson's Pea Soup

Thursday, February 10th, 2011

Lunch, great sightseeing, shopping & browsing.

Depart: 8:30 a.m Return: 6:30 p.m.

Cost:49.00

VALLEY VIEW CASINO

Tuesday, March 8th, 2011

\$15 in Slot Play upon arrival!



Depart: 8:00 a.m. Return: 5:00 p.m.

Cost: \$30.00

REAGAN LIBRARY/w Lunch Buffet

Tuesday. April 12th, 2011

Come see highlights of the life of our 40th President in this 153,000 sq. foot building with a docent tour. You will also get to visit

"Air Force One" which will be on exhibit at

that time. Lunch buffet included at the Reagan Library.

Depart: 8:00 a.m.

Return: 4:00 p.m. Cost: \$59.00

FANTASY SPRINGS Tuesday. April 26^{TH} , 2011

\$20 back in Slot Play upon arrival.

Depart: 8:00 a.m. Return: 5:00 p.m.

Cost: \$29.00

OVERNIGHT TRIPS

PALACE STATION CASINO

in LAS VEGAS

January 16th-18th, 2011

(Sunday-Tuesday)

Package includes 3 free buffets, Palace

Perk Funbook, Bingo at Hotel all day long, entertainment, & Deluxe Motorcoach Transportation. Location is 5 minutes from the Strip; shuttle available. Please Note: Las Vegas trip based on nonsmoking prices (extra charge for separate section

smoking rooms)

Depart: 8:00 a.m. Return: 6:00 p.m.

Cost: \$100 p/p double

\$130 single February 21st -24th, 2011

(Monday - Thursday)



LAUGHLIN: 4 DAYS + 3 NIGHTS!

at the RIVERSIDE

Package includes: 2 free buffets, "Special Funbook", trip to Living Ghost Town of "Oatman."

Depart: 8:00 a.m. Return: 6:30 p.m.

Cost: \$124 p/p double \$154 single

AVI RESORT & CASINO

March 29th-31st, 2011

(Tuesday-Thursday)

Package includes a \$5 food credit, side trip to Laughlin on Day 2 (optional), baggage handling & driver's tip.

Depart: 9:00 a.m. Return: 6:00 p.m.

Cost: \$93 p/p double \$105 single